

# ABC's Of Health

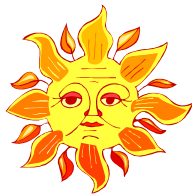
## Cancer

### Awareness. . .

Cancer can strike people of any age, sex, or race. The most common cancer that only **men** can get is prostate cancer. The most common cancer that **women** can get is breast cancer. The most common cancers in **both** men and women are lung cancer and cancer of the colon and rectum.

Cancer starts very small. In it's early stages, most cancers do not cause symptoms. Anyone can get cancer, but some people are more likely to develop cancer than others. You may be at **increased risk** for cancer if:

- You **smoke** cigarettes, cigars, pipes, or **use smokeless tobacco**.
- You are **over 50** years old.
- A member of your **family had cancer** or you have **certain medical conditions**, particularly diseases of the intestines or certain sexually transmitted diseases.
- You have spent long periods of time in the **sun**.
- You eat **high fat foods**, or your nutrition is poor.
- You are **overweight** or do not get regular **physical activity**.



### Behavior

Help **prevent cancer** with a healthy lifestyle.

- Eat **fewer high fat foods** and five servings of **fruits and vegetables** daily.
- Eat more **cereals and whole grains**.
- Avoid the **mid-day sun** or cover up with long sleeves and a hat.
- **Lose weight** if you are overweight.
- Get at least thirty minutes of **physical activity** most days of the week.
- Do not use **tobacco**, and if you drink **alcohol**, drink only in moderation.

## **Find cancer early with regular checkups.**

If cancer is found early, it is easier to treat. You and your health care provider will decide how often you should be tested.

### **Tests for Breast Cancer:\***

A mammogram every one to two years for women age 50 to 69. Your doctor may suggest a mammogram every one to two years starting before age 50 or after 69, depending on your needs.

### **Tests for Prostate Cancer for men 50 and older:**

The digital rectal exam (DRE) every year: A doctor feels the surface of the prostate for lumps. The prostate-specific antigen test (PSA): a blood test for prostate cancer. Discuss the risks and possible benefits of this test with your health care provider.\*

### **Tests for Colon Cancer for men and women 50 and older:**

The fecal occult blood test (FOBT): A simple test for blood in the stool every year. This test will find blood that you cannot see. The flexible sigmoidoscopy: an examination of the inside of the colon. Discuss how often you should have the test with your health care provider.\*

Colonoscopy is another test you may want to discuss with your health care provider.



## **Change**

### **Know the warning signs of cancer:**

- C** Change in bowel or bladder habits.
- A** A sore that does not heal.
- U** Unusual bleeding or discharge.
- T** Thickening or lump in your breast or elsewhere.
- I** Indigestion or trouble swallowing.
- O** Obvious change in a wart or mole.
- N** Nagging cough or hoarseness.

\*US Preventive Services Task Force recommendation

Texas Department of Health  
1100 West 49<sup>th</sup> Street  
Austin, Texas 78756  
[www.tdh.state.tx.us](http://www.tdh.state.tx.us)

Bureau of Disease, Injury  
& Tobacco Prevention  
512-458-7534  
[www.tdh.state.tx.us/ppip/index.htm](http://www.tdh.state.tx.us/ppip/index.htm)

